

3/24/17 – Colorado Federal Executive Board (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

LATEST NEWS OF INTEREST

<http://www.govexec.com/pay-benefits/pay-benefits-watch/2017/03/budget-cuts-retirement-scam-latest-2018-pay-raise-and-more/136394/?oref=govexec> today nl

###

IT'S TIME TO SPRING INTO SHAPE!

Join the Denver Federal Wellness Center and save \$30! | See all the new updated equipment | Open to ALL Federal employees, retirees, your families, & Federal contractors

Cost | Semi-annual membership | April-September: \$114.00 | Monthly membership: \$24

CONTACT | Kiel Hovland | 303 236 6911 | khovland@colorado.feb.gov

###

DENVER FEDERAL CENTER COED KICKBALL LEAGUE

Thursday Nights | May - August | DFC Softball Fields at Gate 7 by the Post Office

Sign up | DFC_Kickball@yahoo.com (DFC_Kickball) or contact James Smith | 303-231-3705

Come out and have some FUN. We are looking for interested teams or individual players to play co-ed kickball!

###

CFEB RETIREMENT PLANNING CLASSES

<https://colorado.feb.gov/events-training/retirement-classes/>

###

MARCH

THE BREAKFAST CLUB SERIES: Phase Retirement

March 29, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO
Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=381>

Are you eligible & is it to your benefit to take it if you are?

###

APRIL AND BEYOND

LAKEWOOD COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING

April 1, 2017 | 8:00 am - 5:00 pm

April 8, 2017 | 8:00 am - 5:00 pm

April 15, 2017 | 8:00 am - 5:00 pm

Location | Lakewood City Hall | 480 S. Allison Pkwy, Lakewood, CO | Cost: Free | CONTACT | Declan Costelloe | 303 886 9133 | dcostelloe.cert@gmail.com

Community Emergency Response Training (FEMA Course IS-317) teaches participants how to plan for an emergency and trains them in basic disaster response skills, including fire safety, light search and rescue, team organization, and emergency/disaster medical operations and disaster psychology. The training also addresses terrorism.

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WELLCHECK 2016 BRIEFING

April 3, 2017 | 12:00 - 1:00 pm MST | Register at: https://events-na3.adobeconnect.com/content/connect/c1/1019090678/en/events/event/private/1021470544/1897554061/event_registration.html?sco-id=1897482721& charset =utf-8

###

PREP CONNECT 360

April 3-7, 2017 | 9:00 am - 4:00 pm | Pikes Peak Workforce Center | 1675 Garden of the Gods Rd, CO Springs, CO | Seats are limited, so reserve your seat by emailing your 2 page resume to prepconnect360@gmail.com

5-Day advanced job seeker's workshop for Veterans, Active Duty, Guard/Reserves, & Military

###

FEDERAL EXECUTIVE ORDER 13693 PLANNING FOR FEDERAL SUSTAINABILITY IN THE NEXT DECADE - REGIONAL WORKING GROUP MEETING.

April 4, 2017 | 1:00 – 3:00 pm | DFC Bldg. 41, Montana Room, 2d fl, Lakewood, CO

Executive Order 13693 Section 10, Regional Coordination, requires that regional interagency workgroups be established to identify and address opportunities involving fleet, water, resiliency, and energy to promote coordination and collaboration among Federal agencies.

The topics for this Working Group Meeting are as follows:

- ♦ Water Working Group and Resiliency Working Group: Preparing for an Uncertain Water Future: Conservation, Mitigation, and Demand Planning by Denver Water
- ♦ Clean Energy Working Group: Xcel Energy Renewable Program Update & ESPC Energy Sales Agreement Opportunity Discussion by Chandra Shah, NREL
- ♦ Fleet Working Group: Electric Vehicle Supply Equipment (EVSE) Infrastructure at GSA Facilities by Sharon Conger, GSA

The Executive Order may be found at <http://www.fedcenter.gov/programs/co13693>

If you are not in the Denver metro area and would like to participate, join us by calling 1-888-791-5855, passcode 3243454 - the URL is <https://meet.gsa.gov/eo13693workinggroups/>

Contacts | Niki Lecander | 303 236 7302 | nichole.lecander@gsa.gov or Darcy O'Connor | 303 312 6392 | oconnor.darcy@epa.gov

###

2017 MILITARY & VETERANS EMPLOYMENT EXPO (MVEE) - AURORA

April 7, 2017 | Training Classes | Community College of Aurora | Classroom Bldg., 16000 E. Centretech Parkway, Aurora, CO

April 14, 2017 | Hiring Event | 9:00 am - 3:00 pm | Classroom Bldg., 16000 E. Centretech Parkway, Aurora, CO 80011

Registration is for classes and details on employers www.mvee.org

Exclusively offered to Active Duty, Veterans and their Spouses; the MVEE expo invites these uniquely talented workers to take advantage of free job skills workshops, training, and counseling.

CONTACT | Rebecca Sawyer Smith | rebecca.smith1@va.gov

###

FREE LOCAL COR TRAINING - FCN435 & Others

April 10-14, 2017 | Downtown Denver, CO | FAI classes with open seats and instructions on how to register for them are at <https://www.fai.gov/drupal/training/find-and-register-for-courses>

The Federal Acquisition Institute (FAI) FCN435 Contract Administration (5-Day) course is in need of students. This FAI class is open to all federal employee, local, and FREE! It provides 40 continuous learning points (CLPs) of training for contracting officer representatives (COR).

The Defense Acquisition University also has a list of classes in need of students. Information about these DAU classes and how to register for them can be found by cross referencing the Course IDs at <http://icatalog.dau.mil/onlinecatalog/tabnav.aspx>

###

THE BREAKFAST CLUB SERIES: Microsoft Word Tips, Tricks & Techniques

April 11, 2017 | 8:00 – 9:00 am | CFEB Training Room | DFC, Lakewood CO | Free | Online
Registration Required | <https://colorado.feb.gov/register/?ee=394>

Microsoft Word is packed full of features designed to help you create, edit, and produce a wide range of documents. With all of its options, many Word shortcuts, tips, and techniques are not obvious or intuitive. Discover how to stop fighting with Word automation, customize your workspace, and learn the steps and shortcuts to quickly and easily get your work done.

- ♦ Master handy navigation tips & tricks
- ♦ Find out how to change default formatting in a document
- ♦ Learn tips to stop annoying automation
- ♦ Discover techniques to customize your Word environment
- ♦ Be more productive with time saving automation tricks

Trainer | Dawn Bjork | The Software Pro

###

VOLUNTEER ORGANIZATIONS ACTIVE IN DISASTERS (VOAD) CONFERENCE

April 23-25, 2017 | <https://www.eventbrite.com/e/mountain-west-voad-conference-2017-tickets-29799115958>

You are invited be part of a growing group of VOAD's in the Mountain West area. The Mountain West VOAD Conference will be providing an opportunity for organizations, agency and individuals (volunteer, non-profits, faith-based, government, etc.) to increase their understanding and skills to respond successfully to all types of disaster.

###

PUBLIC SERVICE RECOGNITION WEEK – VIRTUAL 5K IN COLORADO!

May 7, 2017 | ANYTIME! It's a Virtual 5K! | ANYWHERE in Colorado
Website: <http://publicservicerecognitionweek.org/index.shtml>

Cost | Early bird pricing is as follows: Single Virtual/Remote – \$20 or Team (5 people) – \$80
After April 1, 2017, prices increase to: Virtual/Remote – \$25 or Team (5 people) – \$125
Small processing fee from RunSignUp registration web site added at end of registration order.
Colorado Participants register as a virtual/remote runner/walker, or with a team (up to 5 people). Registered Virtual/remote participants receive a T-shirt in the mail.
Children 5 and under are free. Team registrations require a one payment for all participants – please be ready to register your entire team and pay the full fee.

Join our fellow Federal colleagues as virtual/remote participants by running and walking at a location of your choice in Colorado in support of Public Service Recognition Week. The 2017 goal is 1000 participants! Over its thirty year history, the Federal Employee Education and Assistance Fund (FEEA) has supported more than 50,000 Federal families all across the United States and from almost every Federal department and agency, with emergency loans, disaster relief grants, scholarships, and childcare subsidies.

CONTACT | Michelle Verges | 720 847 6371 | michelle.verges@us.af.mil or Tamara Vugrin | 720-847-6409 | tamara.vugrin@us.af.mil

###

BASIC MEDIATION COURSE

May 8-12, 2017 | Denver Federal Center | CFEB Training Room, Bldg. 25, Room 1442 | Online registration is required: <https://colorado.feb.gov/register/?ee=390>

COST: \$425.00 per student | Questions: 303 202 4588 | iconn@colorado.feb.gov

For those interested in becoming mediators or improving their conflict resolution skills!

COURSE TOPICS OVERVIEW

- ♦ Overview of Alternative Dispute Resolution processes
- ♦ Principles of mediation, Stages and goals of mediation process
- ♦ The role of the mediator
- ♦ Nature of conflict/behaviors in conflict
- ♦ Mediation skills, including negotiation skills, interactive listening, question-asking, use of neutral language, reframing, interest identification, addressing barriers to agreement, agreement writing
- ♦ Cultural diversity
- ♦ Working with attorneys and representatives of parties
- ♦ Ethical issues, including confidentiality, impartiality, informed consent, & conflict of interests

Teaching methods will include lecture, large and small group discussion, interactive exercises, and coached role-playing. Students will participate in mock mediations under the supervision

of experienced mediators, who will provide feedback to support and facilitate learning. Upon successful completion of the course, students will receive a certificate.

TRAINERS | Matt Jarvinen, JD & Robin McDonald, JD | Private Sector Mediators and Trainers

###

2017 MILITARY & VETERANS EMPLOYMENT EXPO

May 16-17, 2017 | Training Classes | Pikes Peak Community College | 5675 S. Academy Blvd, CO Springs, CO

May 18, 2017 | Hiring Event | 8:00 am - 3:00 pm | 3650 N. Nevada Ave, CO Springs, CO

Exclusively offered to Active Duty, Veterans and their Spouses, the expo invites these uniquely talented workers to take advantage of free job skills workshops, training, and counseling.

Registration is by Email only | Bill Price | wprice@manconinc.com

###

DENVER CHAPTER AGA - 31st ANNUAL PROFESSIONAL DEVELOPMENT TRAINING

May 17-18, 2017 | 8:00 am - 5:00 pm | Business Tech Center | 8301 E. Prentice Ave, Suite 400, Greenwood Village, CO | Cost: See registration website for details | Register:

https://docs.google.com/forms/d/e/1FAIpQLSeiapqjFq4UbnSHyclxIW07_XVMMcabQGMA3_I_SpdLfZ1iZg/viewform

The Denver Chapter of the Association of Government Accountants (AGA) presents their 31st annual professional development training "Navigating through Transition". Join Mr. Doug Glenn, AGA National President as he will give the keynote speech and many other professionals in this two-day training.

CONTACT | Jackie Schmuhl | jacqueline_e_schmuhl@ibc.doi.gov or Mike Novick | mikeal_novick@ibc.doi.gov

###

33rd ANNUAL FED CUP 5K RUN, WALK & KIDS FUN RUN

May 20, 2017 | 8:15 am | Denver Federal Center, Bicentennial Park | Cost: \$17.96 (includes online fee) | CONTACT | Renee Varin Potratz | renee.varinpotratz@dcma.mil

VOLUNTEERS are needed – Get a free T-shirt & have FUN!! If interested, please register at | <http://www.runningguru.com/VolunteerInformation.asp?VolunteerID=4191>

Race Registration | www.runningguru.com/website/fedcup5k or
<http://www.runningguru.com/EventInformation.asp?eID=27564>

###

NWS - SEVERE WEATHER SPOTTER TRAINING

May 22, 2017 | **Basic Spotter Training** | 10:00 – Noon

May 22, 2017 | **Advanced Spotter Training** | 1:00 – 3:00 pm

CFEB Training Room | Denver Federal Center, Bldg. 25, Rm 1442 | FREE

ONLINE REGISTRATION REQUIRED: You will need to register for one or both:

Basic Class | <https://colorado.feb.gov/register/?ee=392>

Advanced Class | <https://colorado.feb.gov/register/?ee=393>

TRAINER | Scott Entrekin, National Weather Service

The National Weather Service in Boulder has tools to see storms including Doppler radar, satellite images, and rain gauges. Spotters report hail size, rainfall rates, the extent of flooding, funnel clouds and tornadoes, snowfall, peak wind gusts and wind damage, etc. Spotters provide ground truth and help the NWS put out accurate warnings and forecasts. A trained spotter can help their business or community by providing the early notification of a dangerous weather situation. Spotter training keeps the spotter and family safer when severe weather threatens.

###

MEMORIAL DAY RUN & RUCK MARCH

May 27, 2017 | 8:00 am | 500 Fairgrounds Rd, Castle Rock, CO | Register:

<http://www.runningguru.com/EventInformation.asp?eID=27224>

The Memorial Day Run & March invites civilians, Veterans, and uniformed Military to challenge themselves in friendly competition while helping feed homeless Veterans. We have 3 routes to choose from: 5K Run, 10K Run, and 30K Ruck March.

The Ruck March will be administered by a Norwegian Army Officer who will be presenting ALL civilian Marchers and ALL QUALIFYING uniformed Military Ruck Marchers with the Norwegian Foot March Medal, worn by the Norwegian Army.

100% of your registration (and donations!) goes directly to helping Colorado Veterans.

###

9th ANNUAL FEDS CHIPPIN' IN GOLF TOURNAMENT

June 17, 2017 | 7:30 am | Applewood Golf Course | 14001 W. 32nd Ave. | Golden CO
Cost | \$99 Early Bird rate until March 31st | \$105 starting April 1st
18-hole Scramble that includes Cart, Range Balls, Light Breakfast & Lunch
Register | <http://www.planmygolfevent.com/29987-9thAnnualFedsChippinIn/index.html>

CONTACT | Kerbi Jacobson | 303-887-4839 | golf@dfcfew.org

###

20th ANNUAL EXCEL TRAINING CONFERENCE

June 27 -29, 2017 | Hilton Chicago | 720 South Michigan Avenue, Chicago, IL | Cost: \$1500.00
(\$1,699 for specialty tracks) | Website: at <http://eeotraining.eeoc.gov/excelmain.html>

The EXamining Conflicts in Employment Laws (EXCEL) is the premier training experience for EEO representatives, HR professionals, managers and supervisors, and attorneys in the Federal and private sector. Learn from our experts and stay on top of the employment law information you need. EXCEL 2017 is a three-day training conference designed to provide the latest EEO legal updates and dynamic course topics. Register for the pre-conference workshops held on June 26: Counselor/Investigator Refresher and Advanced Litigation before the MSPB.

CONTACT: Michelle Crew | 216 522 4794 | michelle.crew@eeoc.gov | Patricia McMahon | 303.866.1344 | patricia.mcmahon@eeoc.gov | TO BE AN EXHIBITOR: Mary Tiernan | 215.440.2671 | mary.tiernan@eeoc.gov

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DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS

Register | <http://www.denvergov.org/oem> | DenverCERT@denvergov.org | 303 725 3084

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TRAINING @ DOI UNIVERSITY

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood> |
<https://doiu.doi.gov/catalog.html?type=c>

###

TOASTMASTERS CLUBS

Denver Federal Center Dam Good Speakers Club

Tuesdays | 11:30 am - 12:30 pm | DFC Building 67 | Denver CO

CONTACT | vpm-302857@toastmastersclubs.org | <http://damgoodspeakers.toastmastersclubs>

Interior Business Center ASC Speakeasy Club

Wednesday's | 11:30 am - 12:30 pm | Meet at Building 7301 Security Desk
Contact Craig Brown | 720 432 0885 | ascspeakeasy@gmail.com |
<http://ascspeakeasy.toastmastersclubs.org/>

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VAN & CARPOOL

Vanpools needing riders are listed on the CFEB web site
<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to
iconn@colorado.feb.gov

###

HEALTH DOES MATTER**DENVER FEDERAL CENTER COED SOFTBALL LEAGUE**

Games begin May 2017 | 2 slow-pitch COED leagues | Monday's (5 men/5 women) and
Wednesday's (7 men /3 women) | Slots available for Teams and Players.

Softball brings people together for more than just games, grab your glove and get ready for
some FUN! If you are interested in playing, please contact DFCCOEDSOFTBALL@GMAIL.COM

Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Thursday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | dotys1@yahoo.com

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members &
Non-Members)

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #

ONLINE | www.kpfedtalk.org | Code kpfedtalk1 | Follow prompts for audio

Connect with FEDSTRIVE Region 8

Facebook - <https://www.facebook.com/FedStriveR8>

www.FOH.hhs.gov

BONFILS DFC BLOOD DRIVE

2nd Thursday of each month | 8:00 am - 1:30 pm

Denver Federal Center | Bldg. 67 | Hungry Horse Room

SCHEDULE AN APPOINTMENT | www.bonfils.org (site code is 2015) | 303 363 2300

Betty Palcsak | 303 236-6905 | bpalcsak@usgs.gov

###

PETS OF THE WEEK

Adopt a pet and save a life

Visit our website | <https://colorado.feb.gov/>

Guidance on moving with Pets

<https://www.goodcall.com/moving/moving-with-pets/>

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VOLUNTEER OPPORTUNITIES

Visit our website | <https://colorado.feb.gov/>

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JOB ANNOUNCEMENTS

<https://www.usajobs.gov/>

Helpful hiring tips from USAjobs.gov - https://help.usajobs.gov/index.php/Main_Page

Links to information on building your resume, etc. - <http://www.fs.usda.gov/main/r3/jobs/outreach>

USDA Forest Service, Rocky Mountain Region

2017 temporary employment can apply through [USAJOBS](https://www.usajobs.gov/) or visit the [Rocky Mountain Region](https://www.fs.usda.gov/main/r3/jobs/outreach) website for more information.

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CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to iconn@colorado.feb.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

###

Have a safe and wonderful weekend

Jeff

Jeff Conn | Acting Executive Director | jconn@colorado.feb.gov

Colorado Federal Executive Board (CFEB)

PO Box 25567 | Lakewood CO 80225-0567

303 202 4588 | <http://colorado.feb.gov/index.php>

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email jconn@colorado.feb.gov to subscribe or unsubscribe from CFEB email